

What is claimed is:

1. A stackable shock-absorbent spacer, comprising an impact absorbing body and adhesive material on at least one side of said impact absorbing body.
- 5 2. The stackable shock-absorbent spacer of claim 1, comprising further adhesive material on an opposite side of said impact absorbing body.
3. The stackable shock-absorbent spacer of claim 2, wherein said
10 adhesive material comprises one of either a hook or loop fastener and said further adhesive material comprises the other of said hook or loop fastener.
4. The stackable shock-absorbent spacer of claim 1, wherein said impact absorbing body is a light-weight foam cushion.
- 15 5. The stackable shock-absorbent spacer of claim 4, wherein said cushion is of generally parallelepiped shape.
6. A carrying case with adaptable internal dimensions for accommodating
20 contents of different sizes and shapes, comprising:
a plurality of internal side walls; and
a plurality of stackable shock-absorbent spacers for insertion between the side walls and said contents.
- 25 7. The carrying case of claim 6, wherein each of said stackable shock-absorbent spacers comprises an impact absorbing body and adhesive material on at least one side of said impact absorbing body.
- 30 8. The carrying case of claim 7, further comprising the stackable shock-absorbent spacer of claim 1, comprising further adhesive material on an opposite side of said impact absorbing body.

9. The carrying case of claim 8, wherein the stackable shock-absorbent spacer of claim 2, wherein said adhesive material comprises one of either a hook or loop fastener and said further adhesive material comprises the other of said hook or loop fastener.

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10. The carrying case of claim 7, wherein the stackable shock-absorbent spacer of claim 1, wherein said impact absorbing body is a light-weight foam cushion.

10 11. The carrying case of claim 10, wherein the stackable shock-absorbent spacer of claim 4, wherein said cushion is of generally parallelepiped shape.